

## Chicken Kebab Lettuce Wraps

Makes: 4 Servings

"This recipe was inspired by my mom's workouts and the diverse cultures that live in our community," says Fanai. "The coleslaw is like our community—full of different flavors from all of the different cultures that live here."

## Ingredients

For the Chicken Kebabs:

**2 1/2 cups** water

1 cup brown rice

1/2 pound ground chicken

1/2 teaspoon cumin

1/2 teaspoon garlic powder

1/2 teaspoon salt

1 tablespoon fresh lemon juice

3 tablespoons chopped parsley

1 egg

1/4 cup breadcrumbs

For the Coleslaw:

1/4 cup bell pepper, seeded and thinly sliced

1/4 cup finely chopped celery

1/2 green apple, peeled and thinly sliced

1/4 cup sliced grapes

1/2 cup peas

1/4 onion, peeled and thinly sliced

1/4 cup carrot, peeled and thinly sliced

1/4 cup raisins

1/4 cup low-fat plain yogurt

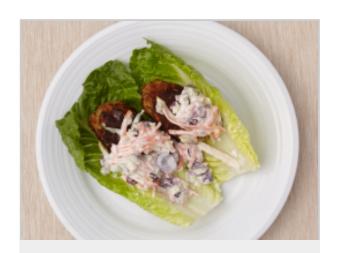
1/4 cup low-fat mayonnaise

Salt and freshly ground black pepper

To Assemble:

Nonstick spray

8 romaine lettuce leaves



## **Nutrition Information Nutrients** Amount Calories 422 **Total Fat** 12 g Saturated Fat 3 g Cholesterol 89 mg Sodium 573 mg **Total Carbohydrate** 60 g Dietary Fiber 6 g **Total Sugars** 14 g Added Sugars included 2 g Protein 19 g Vitamin D N/A

## **Directions**

- 1. To make the Chicken Kebabs: In a large stockpot, boil water with the rice over medium-high heat, cover, reduce heat to low, and simmer for 45 minutes, or until tender and water has been absorbed. Preheat the oven to 350°F. In a large bowl, combine all the kebab ingredients, and using your hands, form into 4 patties and place on a large nonstick baking sheet. Bake for 40 minutes, or until golden brown.
- 2. **To make the Coleslaw**: In a large mixing bowl, combine all of the ingredients and mix well.
- 3. **To Assemble**: Place patty on top of lettuce leaves and top with coleslaw.

The 2016 Healthy Lunchtime Challenge Cookbook